

RECEIVED BY THE
OFFICE OF SPECIAL
NUTRITIONALS. HFS-450

NOTICE '96 JUN 12 P12:02

This notice is being given pursuant to Section 6 of the DSHEA of 1994, concerning the following product: Fulfill. 4Health, Inc. the product's distributor, is filing this notice rather than the product manufacturer as 4Health, Inc. is the entity responsible for the statements which are being made on the product's labeling. All of these are statements described in subparagraph (A) of Section 6.

1. Fulfill is a delicious, protein powder meal replacer that:
 - Replenishes your body with nutrients, including a complete profile of vitamins and an excellent profile of minerals including chromium polynicotinate, a trace mineral which can help your body regulate its blood sugar levels.
 - Allows you to decrease your daily calorie intake.
 - Helps satisfy your desire for food and sweets.
2. Take CraveLess and BurnMore, along with Fulfill meal replacer, as part of the TakeCharge Weight Loss System for optimum results. For weight control, combine the TakeCharge System with exercise and a healthy diet.
3. Take charge of your weight today with Fulfill, the meal replacer that makes you feel better every day.
4. Plus it (Fulfill) contains:

Our proprietary blend of special ingredients including L-Carnitine, Gugulipid™, Betaine HCL, enzymes and lipotropic factors to provide powerful support in the metabolism of fats.

Our proprietary blend of herbal ingredients including Citrin K™, Gotu Kola Leaf, Milk Thistle Extract, Borage Oil, Chickweed Herb, and Capsicum Fruit to provide support for weight control.

4Health, Inc.

Katie Huggins

By: Katie Huggins
Manager, Research and Development
5485 Conestoga Court
Boulder, Colorado 80301
1-303-546-6306

Date: June 4, 1996

975-0162

LET 341
46999